/158 cont./

T. Religion, Cult, Mythology

756 [789] The Bushman doctor conjures up rain by scattering on the ground a kind of red earth which he fetches from afar and carries about with him.

I regard the doctors, who take the place of sorcerers, as quite experienced people who have a considerable gift for observation. At the same time, they throw plenty of sand in their [775] [769] clients' eyes. The soul of the deceased does not die. The Bushmen have great fear of the dead and even of the place of death.

753 Illnesses that give rise to much pain and complaining on the part of the sufferers are regarded as having been caused by a higher power (demons); others are regarded as natural illness.

755 The doctor practices exorcism by saying magical charms over the sick person and finally, with the motion of a juggler, flinging to the ground a little piece of wood or the like which is supposed to have come from the body of the patient and to have caused the illness.

776 The only thing that I was able to establish concerning their religious notions, despite weeks of fruitless endeavor, /159/ is that a higher power exists which may be harmful to men and may cause them to perish from serious illnesses. This higher power, which is feared, dwells "above." I could not get them to do more than point upward in the direction of the sky, except for the statement that the feared power is far beyond the treetops. [Fig. 14 appears here.]

756 The doctor is both physician and sorcerer. He is probably also a priest, for whenever I asked questions concerning religion and the like, I was always referred to the doctor, who supposedly was informed about these matters.

Not every settlement has a doctor. Between Oas, Rietfontein, and Ganab (100 kilometers north of Rietfontein) there was supposedly only one.

The doctor has his head shaved smooth. In addition, he is said to wear ornaments that no other man may use.

Boys who have been apprenticed to a doctor for many years may later, when they have become older, replace their master.

In the treatment of the sick, charlatanism seems to be mixed

[Text continues on page 56]

/159 cont./

756 with a considerable portion of actual experience and knowledge.

The doctors are paid for their efforts.

There are also female doctors.

[648] I have observed no sign of hostility toward Whites among these people. They know how to evade observation, however, even better than the ordinary Bushman, and that says a good deal.

Only the doctor may eat a certain kind of poisonous snake, apparently the so-called black mamba, which I regard as an older type of cobra.

U. Totemism

771 I was unable to observe any indications that might lead one to deduce the existence of totemism.

V. Medicine

●755 A man who was suffering from headache had colored his forehead with a black grease that supposedly had curative powers and had wound a thin thong firmly around his head. Our household remedy of firmly squeezing the sides of the aching head with both hands was familiar to the Auin.

278 752 The Bushman doctor makes an antidote from the black mamba, which he alone may eat. This antidote is supposed to help against the bites of all snakes, except that of the mamba itself.

He dries and pulverizes the lungs, gall, and liver, as well as the poisonous fangs with the poison glands. This powder is stirred into a paste with the fat of the same snake, and the paste, so I was informed, is rubbed into the enlarged wound, which has first been sucked out.

At the same time, various deep incisions are made on the upper arm and chest, from which considerable blood flows.

278 Poisons that work internally are not manufactured. The Auin maintain, however, that the arrow poison also works internally.

The manufacture of arrow poison was described above.

[10 cont.]

539 χ'ámabe χ'ámabe χ'ámabe χ'ámabe God, God, God, God
782 /gami tara ái Water we can drink!
[821]
271
731 [11] In the waterless wilderness of the palm bush and the Otjimpolo Veld death from thirst often enough overtakes even the Bushmen, accustomed as they are to privation. They [488] do not deny that at times they are forced to leave the old and [758] the sick behind in the wilderness. But such an occurrence stays in the people's memory for a long time as a serious misfortune. Anyone who is acquainted with the Bushmen's love of children and veneration of parents and old people can understand what it means to them to be forced to leave behind one of their own.
271 One must have experienced personally the feeling that overcomes one when due to thirst and heat the body no longer gives off perspiration, the dry forehead feels burning hot, and a slight chill passes through the body, in order to understand this song of joy which seems so naïve, whose content is: We can drink again!

539 3. Short and fervent prayer at the beginning of a
782 journey:
[484] χ'ámaba !Khu gai teve God, let me travel well.

4. Choral prayer for a sick person: When someone is [755] gravely ill, the relatives sing in chorus, while the doctor performs his ceremonies.

χ'ámaba !khoé-wa ≠khai kháira téve God, let our people rise again.

789 5. Not a real prayer, but rather a formula of exorcism is said to oneself when meeting a stranger regarded as evil: Tshuai Kwewa /Nawa!

821 They do not know anything to say about the sun (sorésa). The moon (χ'áwa) dies every month and wakes up again.

753 Illnesses are sent by χ'amaba. He sends them to those
776 persons with whom he is angry. Other spirits have no role in this, and there is no spirit of sickness.

776 There is a host of little spirits, the /ga /ga hú, in the bush. They play tricks.

775 A human being has only one soul, !gaoba. This soul goes to heaven after death. (!nanu-aiba, rain house?) The house of χ'amaba (≠khauba) is there. Only the doctors know [756] what it looks like up there. They speak with χ'amaba.

[43 cont.]

423 614 769 "The graves of the ancestors are within the kin group's territory. They are marked by the large piles of stone placed on them. The ancestors are regarded as the guardians of the kin group's territory. Hence, departure from the territory must be announced by the chief or an elder at the ancestral grave without special ceremonies; similarly, an announcement must be made there when the kin group again moves into the territory."

423 614 The property of the kin group, aside from its territory, includes the veldkost, the game, and, above all, the watering place.

13. Illnesses and Treatment

826 The anatomical knowledge of the Bushmen is quite extensive as a result of their way of life as hunters.

The heart is regarded as the seat of life, and the breath [761] has some connection with the heart. Their surgical knowledge is 752 757 confined to the extraction of thorns by means of an awl-like instrument and to the relatively effective bandaging of hand and leg 278 fractures. Their supply of medicines, on the other hand, is very limited. In what follows, I shall list the common illnesses and their treatment.

Eye Inflammation

752 Both dry and exudative eye inflammations, caused by sand and irritating grass seeds, are extremely widespread, and blear eyes are the rule among older people. These diseases, however, are not nearly as grave among the !Kung living in the forest as, say, among the Bushmen of the western Kalahari or among those [826] of Naukluft. Among the latter, blear eyes are even regarded as signs of beauty in young girls. Ordinary eye inflammations that pass in a short period of time mean nothing. They are treated by [753] rubbing with fat. If the ailment lasts for a longer period of time, then //Gauab [Fig. 16 appears here] certainly had something to do with it; the doctor is called in and, after some treatment, [755] produces a "little black medicine" from the eye.

[43 cont.]

732 Blindness in one eye is very common as the result of wounds inflicted by thorns. Among very old people I have also found blindness as the result of cataract. Here and there one also finds (648) Bushmen who in olden times had been captured by the Herero, who shot out their eyes with grass seed.

Ear Ailments

757 They are relatively rare. For an ordinary earache, leaves are stuffed into the ear "so that it will stay warm." The aching ear is likewise held over the fire, in which some medicine has been placed. If pus comes out of the ear, the ache stops and all

[413]

Fig. 16. Scratching Instrument. Iron leaf fastened to a little stick with resin and leather strips. (Museum of Ethnology, Hamburg; actual size [as shown in original text].)

(753) [44] is well. If //Gauab has put something in it, however, the pains become so strong that one can no longer sleep or hear. In (755) such cases one must call an especially powerful doctor, who draws out the spirits of sickness; otherwise the patient will die.

[44 cont.]

Toothache

142 I rarely saw irregularities in the position of the teeth, and
[515] never protruding or receding teeth. The only care given the
teeth is the use of iron arrow points for toothpicks. The teeth are
usually yellow, covered with dense layers of tartar, and because
of the sand content of the vegetable diet, are quickly worn down
164 by chewing. Caries are extraordinarily common, but infections
also occur through the exposure of the root canal as the teeth are
753 worn down. If a person has a severe toothache, //Gauab has stuck
a needle into it, and the doctor must be called to get it out. If
there is no general discomfort, however, then no dsao are there.
757 A little piece of wood is sharpened to a point at one end, held
with the point against the root of the tooth, and then the tooth
is knocked out with a stone. This instrument is called "oie."
147 Small children suffer considerable pain when they teethe; some-
753 times dsao (spirits of sickness) are also at work in this case. [Fig.
17 appears here.]

Sore Throat

753 A sore throat means that //Gauab has made a cord and is
755 drawing it tight around the patient's neck. The doctor must re-
move the cord from the patient; it is about 30 centimeters long
and is like the trap cord (//kao); everyone can see it after the
treatment.

Colds (X'óā)

164 Grippe takes many victims among the Bushmen every year,
513 especially among those who are already tuberculous. In winter,
colds are extraordinarily frequent, since the people lie almost
naked around the fires. In the forest they are fairly well protected
against the wind, but on the open plain the wind changes its di-
rection at night while they are asleep, so that they not only catch
cold but often receive severe burns around the stomach -- although
this applies only to the men; the women sleep at a greater distance
FROM THE FIRE.

[45]

Gastrointestinal Disorders

753 [171] It is interesting to note that the doctrine of the importance of the liver and gall bladder in the origin of disease, which we find among all primitive and civilized peoples up to the humoral medicine of the previous century, is already present among the Bushmen. When the gall bladder is full, one becomes sick and [755] vomits gall. Then the region of the liver is massaged, just as is [164] done in the case of liver pains. Enlargement of the liver as the result of chronic malaria is common. The moon, which dies [821] every month, also has gall sickness, and moonlight is the juice of the gall bladder vomited by it. Moonlight and gall are known [164] by the same word (goo). Spleen tumor is especially common 757 among children. They have no medicine against splenalgia. 278 They have no medicine for inducing vomiting. It is induced by putting the finger or a feather into the mouth. To stop vomiting, one chews little twigs of the goro tree. The bitter wood of the liana (χ'ãã-χ'ãñ) is chewed for stomach-ache. In case of con- [753] stipation the doctor must practice magic, for it is assumed that [755] the dsao have tied the stool in the intestine, and the doctor must loosen and extract the cord, just as in the case of an inflammation of the throat. The patient may not eat anything and drink very little. In case of diarrhea, even the bleeding kind, the same medicine is taken as in the case of stomach-aches. Intestinal 147 worms are unknown. We already know from earlier reports that the 262 gastrointestinal tract of the Bushman can take all kinds of things that we cannot take. As the result of habituation from early child- hood on, he can digest meat that has gone bad and the like, without any trouble (1). After a long period of hunger, he can consume

1. I myself witnessed a drastic example of this. I had brought a side of bacon from Swakopmund, which supposedly had been preserved for all eternity according to a special process. When I brought it out, it had a hideous smell, and in order to prevent the Bushmen from taking it and getting sick, I had it hung high on a tree. The

[45 cont.]

147
262

Bushmen stared longingly at the discolored lump of fat. Finally they sent a deputation to me, saying that they wanted the bacon for their dogs. The moment they received it, it was skillfully divided according to families and consumed in the course of a great feast, without any harmful effects.

enormous quantities, but such excesses as a rule are followed by an indisposition. The day after a major feast, almost all of them lie in the sun with stomach-ache and gripes. In other words, even a Bushman should not be credited with the impossible with regard to food; many things that seem repulsive to us, such as earthworms, lizards, thick grubs, mice, and the like, are in themselves not at all harmful to health, especially since the Bushman only eats them cooked or roasted. Bushmen who have grown up on the farms can take the same diet as the Whites or Blacks. On
147 the other hand, the wild Bushmen who have grown up on veldkost
262 and the flesh of wild animals cannot accustom themselves to the
648 work and prison diet of the Blacks. A term in jail of any great length means condemnation to a slow but sure death for most Bushmen. The prisoners show the symptoms of vitamin deficiency, become infirm, get edemata on their legs, dropsy, and unfailingly perish. In the initial stage severe sluggishness of the bowels sets in. Ample portions of fresh meat can keep the Bushman healthy even in imprisonment. The fact that Bushmen run away from the
[464] farms is based in most cases upon their inability to endure any
[146] longer the diet given them. The vitamin need of the Bushman who has grown up in the wilderness is undoubtedly much greater, and his longing for meat, which often appears pathological, can be explained as a physiological craving for vitamins.

Diseases of the Urogenital System

164 Catarrhs of the bladder occur; in such cases a flat stone
[755] is warmed in the fire and placed on the bladder region. Hematuria, evidently the result of nephritis, was twice treated by my friend

[47 cont.]

pig concerned, at which time in each case a large drop of white fluid escaped from the stinger. Finally they moved about quietly without making any further attempts to sting, but they did not in any way show the excited hurry to get off the Bushman's body that has been reported by individual writers. The old man claimed not to feel any pain, and I have no reason to distrust him since, after all, if the poison had had any kind of effect upon him, he would scarcely have allowed himself to be stung in the most sensitive parts of his body for the sake of my desire for knowledge. Even a full hour after our experiment, the parts that had been stung did not show the slightest alteration. The man declared that he had attained this extraordinary faculty as a boy in the 'school' of a sorcerer, where he had been urged to apply scorpion poison, which had been taken forcibly and thinned with water and urine, on small incisions, as well as to eat the poisonous stingers pounded to a mash and boiled; supposedly immunity against snakebite can be obtained in like manner."

14. The Doctors' Test

One afternoon the eldest of the horde outside Keibeb came to me and told me that that night a great dance would take place, first, because a three-year-old child had just been bitten by a small black snake, second, because many people were sick with fever, and third, because one of the men wanted to undergo the doctors' test. Such festivals take place only during the time of the full moon. Toward nine o'clock in the evening I was lured into the camp by wild noise. The people had made somewhat larger and more fires than usual. The mother with the child bitten by the snake was seated in the center of an open semicircle. The older women squatted around her. To one side of them in single file, one behind each other, stood the younger women and girls. Both the male [48] and female doctors were busy. The chief female doctor, Biri, was "personally" absent this evening. She was crouching off to one side in the darkness of the bush. /Nawa, the highest of the //Gauab, had taken possession of her and spoke through her mouth. Her hair ornaments, long chains of beads made

[48 cont.]

755 from ostrich egg shells, had been put on by her proxy, Dube, a
756 very intelligent young woman. The latter, standing at the end of
796 the semicircle of seated women, conducted the ceremony. She
[276] was in a very good mood and alternately smoked her Bushman
[554] pipe and my cigarettes. There is a kind of hierarchy among the women; those who were squatting were higher in rank than those who were standing. All the women clapped their hands and sang
[533] in a monotonous rhythm: ehe, ehe, ehe, ehe, etc. This, I was assured, was no song, but "music." Some hordes have bartered

[532]

Fig. 19. Sorcerer in a Bird Mask, Followed by Spirits of Sickness. (From Rock Paintings in South Africa. From Parts of the Eastern Province and Orange Free State. Copied by G. W. Stow. With an introduction and descriptive notes by Dorothea Bleek. London, Methuen, 1930.)

dance drums one and a half meters high from the Okawango, which on this occasion are played by men. [Fig. 19 appears
[184] here.] Among the Bushmen of the Sand Veld the female leader of the ceremony does not wear the ornaments of the chief female doctor; instead, the ornaments are hung on a tree. The position of the chief female doctor is not permanently held by one person; the chief doctor on occasion imparts supernatural powers to her.

755 The five doctors had taken off all their ornaments and
756 were naked except for the front apron. They put themselves
786 into an autohypnotic state by means of crowing, by producing
796

[48 cont.]

755 sounds similar to those of ventriloquists, and by certain muscle
756 contractions. By pressing together the gluteal musculature of the
786 buttocks and at the same time holding the knee joints as far apart
796 as possible and pressing the legs together at the ankles, they eventually produced a tonic trembling cramp of the entire musculature of the lower extremity, in which they reeled back and forth. It is possible for anyone to put himself into an autohypnotic state in this way, as this author also learned from the doctors. Soon the rolled-up eyes indicated that the doctors were in a state of trance. They danced around one another, fell over one another, and lifted one another up. Some women also started making noise with the dance rattles. The Bushmen were now convinced that
[787] /Nawa himself was dancing among the doctors, was visible to them, and spoke with them. At this point they say something
[782] like prayers; they invoke the great spirit of the old Bushman who has killed many elephants; they call the spirits of the dead who have sent their little spirits of sickness over the living, and they especially beg /Nawa to transfer these little spirits of sickness to the doctors.

755 The doctors ran alternately to the bitten child and to
756 those ill with fever who squatted around the fire, stroking the
796 painful places, both from the armpits down to the soles and from the shoulders down to the fingertips. Occasionally they also sucked at the diseased spots or inhaled the breath from the mouths of the patients.

From time to time, the doctors performed these operations upon one another, first of all, as they said, in order to distribute the poisons of sickness equally among all the doctors, but also in order to obtain power from the other doctors. Thus "charged," the doctor then again ran to the patients to take their poison.

Now and then the chief doctor ran screaming around the
[787] line of standing women and [49] disappeared into the bush in order to ask the chief female doctor about the will of /Nawa. After about an hour's dancing the chief doctor went to the bitten child. The child had been bitten on the back, and this was rubbed with fat and then medicine; then all the patients were again subjected to the treatment described above, and soon thereafter /Nawa an-
[787] nounced through the mouth of the chief female doctor that the

[49 cont.]

[787] child, and the other patients, too, would be cured. That ended
755 the first part of the ceremony.
756
796

Now the doctors' test began. The others, with the exception of the women making music, participated only as spectators. The doctors went on dancing, often holding their arms stretched out to the sky, with the fingers spread apart, and then springing to the fire and holding their hands over it. Flinging the hands toward the sky is done to give some of the little spirits of sickness back to the chief spirit /Nawa, who passes up and down along a thread between heaven and earth. It is not a gesture of prayer. Similarly, holding the hands over the fire is intended to achieve the same result, because the "little spirits of sickness" do not like the fire and hence will go away. Meanwhile, they thank the great spirit for having saved the child. Then they prayed to /Nawa that he might concentrate all the little spirits of sickness on the
[753] doctors' candidate and kill him so that the people would be free
[761] of evil diseases, for the dying person takes the spirits of sickness with him. By brushing, rubbing, and blowing, the old doctors now transfer the spirits of sickness to the candidate. The latter is completely exhausted, collapses from time to time, is constantly lifted up again, and, staggering, he dances on, with foam appearing at his mouth. The other doctors taunt him: "You leopard, you lion, you elephant, you insurmountable mountain, you gigantically strong man, now you can't cope with the spirits of sickness we have given you." Once more the chief doctor runs to the former patient and transfers to the candidate any disease poison he may have gathered. This hellish spectacle lasted one and a half hours; then the chief doctor went to his oracle sitting in the bush and asserted that the candidate was too strong: we have concentrated all the little spirits of sickness upon him and prayed to the chief spirit that he might take (kill) him, but the candidate is stronger than the spirits of sickness. Nevertheless, the oracle commands: "Dance on." While this happened, a woman came out of the background -- in the half-dark I was unable to see whether or not it was the chief female doctor herself -- and busied herself around the cured child. She clapped her hands and beat her palms together, with the thumb sides in front of the child's face, and thus put even the child in a brief trance. The dancing continued until around midnight when the oracle finally declared that though the

[49 cont.]

755 chief spirit was not yet satisfied, she would appease him; the chief
756 spirit would voluntarily take the little spirits of sickness away, even
796 from the doctors. After these words the festival abruptly ended;
the people went to their fires and lay down to sleep.

The candidate had passed his examination (1).

[184]
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756
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1. Burchell (in the translation by Hellwald, Völkerkunde [Ethnology], II, p. 519) has given a similar account from the south: "One foot remains stationary, while the other is in rapid and irregular motion without any definite change of position. The movement of the arms is so slight as to be negligible. At the same time the dancer sings without pause and keeps time with the movements. Occasionally he lowers his body and then suddenly raises it again, until finally he sinks to the ground exhausted, but still singing and rhythmically moving his body in time with the song of the spectators. Even though only one person dances at a time, the company present nonetheless also has something to do, etc."

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786
789
796

When the excitement of the dance has reached its climax and the dancers have fallen into a kind of trance as a result of the continuous dance movement, the shrill singing, the drinking of coffee, and not least the tobacco smoke, which they keep in their mouths for minutes on end for the intoxicating effect, then the doctors, in order to demonstrate their resistance to fire, trample with bare feet on the red-hot embers taken from the campfire and spread out on the sand. In the case of a number of the younger ones, however, I believe that their resistance to fire was not quite as great as they would have one believe, and they carefully avoided the pieces that were

[50 cont.]

than the smaller spirits. Their treatment is correspondingly successful or unsuccessful. In other words, the doctors are vindicated in any case.

The treatment of illness thus follows two parallel paths: one with natural means (medicines and the like), directed at the local symptoms of the ailment; and one with supernatural means, directed at the dsao that cause the feeling of sickness.

During the doctors' test the following song is sung:

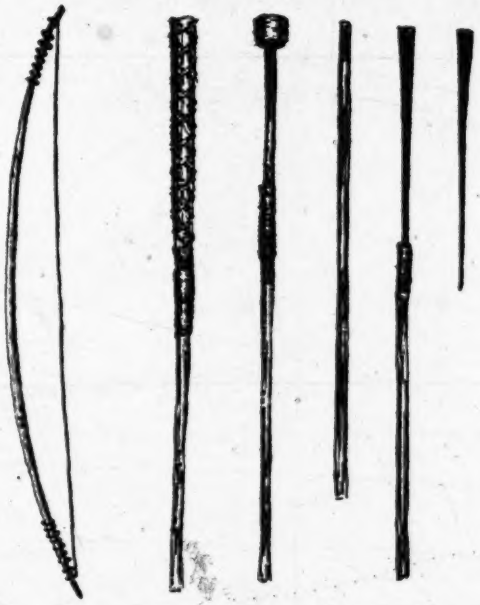

Fig. 20. Bushman Revolver of the !Kung (Foxhof; actual size [as shown in original text]).

e hehehe na ti //kau /goa dsao

During the treatment itself the following text is sung:

/o ma ga //goa ǂam /nai tha

He has no medicine yet, he must be thrown with the medicine.

Von Zastrow and Vedder (1) have the following to report

1. Die Buschmänner, p. 424.

[52 cont.]

754 further. The belly of the unconscious person swells enormously.
755 When all other procedures have proved futile and someone remembers that this or that doctor has the magic medicine, he is called in, takes some of his bloodlike fluid from his horn, and first smears his own feet and then rubs the patient's feet and, above all, the patient's stomach in a circular massage. Gradually the swelling recedes, the patient gets up, sits down, and is cured.

This story, based upon the fact that there are roots with
648 bloodlike sap, became known by the farmers in a confused fashion and was the cause of the ridiculous fear of the secret poisons of the Bushmen that many farmers have.

15. The Elements

773 Heaven and earth, sun and moon, all was made by ǂ'u,
821 the great captain, the supreme being. In the sun-scorched deserts inhabited by the Bushmen, the sun is no dispenser of mercy. During the hot season even the Bushman is forced to remain in the shade in the daytime, because the sand is so hot that he cannot walk on it.

The sun was a daughter of man. The Bushmen had seen her, and the men had to carry this daughter, but since she burned with such heat on their shoulders, the men had to frequently change places. When the shoulders of all the men were burned, they left the sun lying in the bush and did not take her to the huts. This is the place from which the sun rose. She is from the great captain.

When the sun sets, she sits down on the earth to eat. When it is to be day, one of her shoulderblades goes to the other side of the world where it appears as the sun. The sun's rays (/gam-ǂ'sn) are the arms of the sun. The eclipse of the sun (ǂ'o) is caused by the lions so that they can more easily eat human beings.

The Bushman becomes cheerful only when the cool of the evening arrives, and at the time of the full moon he celebrates his festivals. There is no question of moon worship, however, among the !Kung Bushmen I visited.

[58 cont.]

[113] Specimens of Bushmen Folklore, London, 1910-11, pp. 10-13.

776 be especially significant. The !Kung at that time told of a being called /Chue, who transforms itself in turn into various fruit trees and veldkost plants, into a Herero, etc. One day he transformed himself into a //gui tree, his wife ate of it, the tree disappeared, and /Chue changed into a fly. Another time he even became a waterhole, then again a gecko; at night [59] he always changes back into a little human being. The Herero look for him, but cannot find him. /Chue then makes a fire and dies. His father sees this and then moves to his homeland on a large mountain called //Noa. We shall probably not go wrong if we identify this /Chue with Huwe. This Huwe, as is known, is sometimes equated with the great captain ǂ'u. In this old setting he also has distinct traits of Heiseb.

782 [534] The !Kung who were W.H.J. Bleek's informants were also familiar with a prayer song addressed to the new moon. In accompaniment, they blew on trumpets made of antelope horns. (Bleek-Lloyd, ibid., p. 15.)

787 The old !Kung called the prophesy sticks /Chu, which evidently is the same name again as that of the great captain and is in agreement with Dornan's report concerning the Masarwa that Modimo himself spoke from the prophesy sticks.

● 755 769 Vedder reports that in case of illness a messenger is sent to an ancestor's grave and prays: A dsi-dsi mi !hâ tĭ ǂ'ai-a? (Why is my son ill?) ǂnu /kôã (to live in health).

774 825 775 171 While my informants denied the presence of any animistic conceptions, the old !Kung believe that certain snakes, lizards, and antelope found in the vicinity of graves represent spirits of the dead (1), as they do among the Bantu.

1. W.H.J. Bleek and L.C. Lloyd, ibid., p. 430.

≠AUIN
NARON
NOGAU

[74 cont.]

776 one time as a man and at another time as a woman.

7. Medicine

757 The curing practices of the Nogau Bushmen are very primitive. They have nothing for snakebite and nothing for arrow poison.

278 Eland fat is a universal medicine. For the common eye inflammations this fat is smeared into the eye; for headaches warm eland fat is dripped into the ear; for a cold the nostrils and nose are smeared with eland fat.

753 [754] Sickness comes either from the evil head Gauab or from sorcerers. The ailment is caused by a little Gauab who has settled in the body. The more gravely ill a person is, the more Gauana have entered into him. The doctors are able to draw out these 755 756 spirits of sickness; they do it in a fashion analogous to that practiced by the !Kung. There are also female doctors.

753 776 The spirits of sickness are regarded here as much more material than among the !Kung; such a Gauab looks like a human being, but he may also appear as a lion, a wildebeest, or a snake. Once the Gauab has been drawn out of the body, it runs away and speaks to no one.

756 [625] The sorcerers in particular like to transform themselves into lions. Among the Bushmen farther north [75] it is supposedly the case that when they see a wildebeest in the bush, for example, it is not a wildebeest at all, but a Gauab. The doctors receive their power from the highest Gauab (/gaua //gaicha). He is the one who appears in the wind spouts. As among the Bantu, the doctors must go to school for several years with older colleagues. [754] They are not only able to cure, but also to practice magic in the bad sense, in that they induce /Gaua //gaicha to make ill anyone whom they want to harm.

"Whoever wants to become a sorcerer must go to school with another witch doctor. When someone is struck by lightning, it is said that Gauab struck him down with his knife. Some then become great doctors and often speak with Gauab. Gauab also comes as a wind spout."

/252 cont./

The men standing around now attempt to catch the pumpkin
535 as it flies through the air, and the women simulate great indignation when one of the men succeeds in doing so. This man then cuts up the pumpkin with a knife so that a new ball is required in order to continue the game.

Another dance, in which principally men participate, could be designated as the bird dance. The men dance in a circle, while the women stand around the circle, clap their hands, and
[534] sing. The men wear dance bangles around their ankles, which are circlets of dried bean pods whose kernels rattle at every step and in this way strongly accentuate the dance rhythm. The steps of the dance are short, scarcely half a foot long, so that the progress of the dancers in the circle is quite slow. The vigor of the stepping or stamping on the ground alternates rhythmically. At the same time a number of symbolic gestures is performed. The most respected of the dancers has tied to his forehead a large eagle's beak decorated with glass and iron beads; he frequently makes a motion of hacking with the beak, and then, by slowly raising his arms, suggests the eagle's calm gliding in the air. Another dancer carries a bird's nest in his hand during the entire dance. At a certain stage, the dancers go through the motion of picking up fruit from the ground by bending down and making scooping motions in the air just above the ground. Shortly thereafter, some men dance towards the women and perform gestures as though they wanted to seize one of the women surrounding them.

535 Suddenly one of the dancers seems about to faint. A spectator
786 whom I questioned concerning the significance of this action told me that the Mukuru (Herero term for God) was in him. Other dancers, maintaining their dance step all the while, stand around the possessed person, try to help him, and cool him with fanning until he suddenly collapses with a piercing shriek. The bystanders catch him and carry him off to one side while the others go on dancing. The "doctor" now concerns himself with the unconscious
• [755] person; he blows twice in each ear and once on his forehead. Visibly, consciousness now returns and soon the one possessed is able to rise and dance again.

533 /253/ The musical accompaniment is supplied solely by the women; however, the dancing men are not entirely silent. Every

623 about it to others, unless it were a hunter caught in a storm alone in the veld; but
821 an individual, even without necessarily expressing a consensus, we think might say
789 to another, 'Why don't you burn some of your hair?', which would probably be enough to instigate the act. And, in all likelihood, it would be done with so little formality that the observer would not know anything was happening unless he knew what to watch for and were alerted.

171 There was no ceremony regularly performed by the /Kung of Nyae Nyae to ensure
821 plentiful rain, like the Hottentots' *guri≠ab*. The Rain dance of the /Kung, which is
789 danced often, all through the year, is a medicine dance, among several others, such
535 as the Giraffe, Sun, Gemsbok, Honey, and Mamba dances. All these are 'strong'
796 things, the /Kung believe. The dances so named have 'strong' medicine music. They
755 are danced during the medicine men's ceremony to cure the sick and protect the people and drive away any of the *//ganasi*, the spirits of the dead, who might be lurking to bring some evil upon the people. The Rain dance has this as its purpose, not the control of weather.

One night when the Rain dance was being beautifully danced with a fine precision and vigour of clapping, singing, and stamping, which to us suggested fervour, we were watching it so intently that we had not noticed the sky. The first storm of the season had crept up behind us and suddenly burst over us like a bomb. We asked
821 Gao if he believed the dance had brought the rain. He said that the rain was due to come. The dance had not brought it.

821 A *n/ow* animal, as well as a human, has either a good or a bad *n/ow*, but it seems
825 not to be known clearly how it gets the one or the other. Good or bad *n/ow* is not correlated with one sex or one species. One giraffe, for example, either male or female, may have the rain-bringing, another the cold-bringing kind.

It seems that long or short horns may have something to do with good or bad *n/ow*, not the long-hornedness of gemsbok as compared with the short-hornedness of giraffes, but, within the species, the comparative length of horn. But one kind of *n/ow* is not inherent in short-hornedness nor is the other kind in long-hornedness. It is not so simple as that. And informants did not know what association, if any, the short or long horns may have with ≠Toma's vague idea that the short or long legs of a child in the womb might have something to do with the child's *n/ow*.

When a hunter kills a *n/ow* animal, he either *≠gani*(s) or *//ghui*(s) it. Like the mother who *≠gani*(s) or *//ghui*(s) her child at birth, the hunter has no voluntary control over this and cannot tell which he has done unless the effect is observed in the weather. A hunter with good or bad *n/ow* may *≠gani* or *//ghui* an animal which has either good or bad *n/ow* and long or short horns. The precise nature of the interaction remains obscure, but hunters took an interest in telling about the kind of *n/ow* they thought they had, and gave instances of observing the effects of their killing various types of animals. If a man should kill a female kudu with short horns and the water should freeze that night, it would be evident that he had *//ghui*(ed) the animal. He would expect to continue to *//ghui* short-horned female kudus. However, although a man's *n/ow* remains constant throughout his life, the way it interacts with other factors may change, and after a time he may find he has begun to *≠gani* short-horned female kudus. We think the /Kung became a little tired of our finding this complicated.

One day in September the sun blazed in the clear sky. The heat beat down upon us.

li: Marshall E-5 (1950-1955) 1958 FX10 Bushmen FX10
Kung

!KUNG RITUAL LIFE is sparse, but one means of reaching out to the infinite is a state of trance that may come in the course of dancing. The man being supported, above, is in such a state. The !Kung believe that a man in trance can take away a person's sickness and throw it back at the god who sent it.

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[P.70]

13: Marshall E-5 (1952-1955) 1962 FX10 Bushmen FX10
Kung

consciousness or deep unconsciousness.[1] They may become stiff or froth at the mouth or lie still as if in coma. Some of them habitually remain in trance only a short time, others for hours. One man used to remain in a semi-trance for most of the day following a dance.

A Bushman curing cannot be fully described in words; it must be heard and I give only an outline here. The medicine man begins by dancing and singing with the others whatever medicine song is being sung. He then leaves the line of dancing men and leans, still singing, over the person he is going to cure. He places one hand on the person's chest, one on his or her back, and flutters his hands. The /Kung believe that in this way he draws the sickness, real or potential, out of the person through his own arms into himself. He grunts with shuddering, gurgling, gasping grunts which intensify in tempo and pitch into shrieks and reach a high, piercing, quavering yell. Finally the medicine man throws up his arms to cast the sickness out, hurling it into the darkness back to *‖Gauwa* or the *‖gauwasi*, with a sharp yelping cry of '*Kai Kai Kai*'. This shows that it is heavy work to draw the sickness out. The effect of the sound on one observer, myself, was striking—gooseflesh and a stopping of the breath which made it seem as though the heart stood still an instant. A medicine man goes to every person present, leaning over each to cure, even the babies, who, amazingly, seldom cry, though he gurgles and gasps right into their ears. If someone is actually sick, he returns to him again and again through the night.

After the curing has been going on for some time, medicine men begin to reach their state of frenzy. They no longer go around to the people, their spasms of grunting and shrieking become more frequent and violent, their stomachs heave, they stagger and sway. They rush to the fire, trample it, pick up the coals, set fire to their hair. Fire activates the medicine in them. People hold them to keep them from falling and beat out the flames. They rush out into the darkness, where *‖Gauwa* and the *‖gauwasi* are lurking. They hurl burning sticks and swear at them. '*Filthy face*! Take away the sickness you have brought.' '*Uncovered penis*[2]! You are bad. You want to kill us. Go away.' '*Hishe*, you are a liar. This man will not die.' At this point they may fall into deep unconsciousness or sink down semi-conscious, eyes closed, unable to walk.

The medicine men who have not reached their full frenzy or who have passed through it attend those who are in it. The /Kung believe that at such a time the medicine man's spirit leaves his body and goes out to meet *‖Gauwa* and the *‖gauwasi*. They call this '*half death*'. It is a dangerous time and the man's body must be watched over and kept warm. The medicine men lean over the one who is in trance. They

[1] The /Kung know about the drug called dagga. They told us that it grows in B.P. and that when they go to trade they sometimes get a little. They like to have some when they go hunting; it keeps one from feeling tired or discouraged, they say. They might take some at a dance if they had it, but they are not dependent on it or on any other substance to induce trance. The trances are psychologically induced.

[2] /Kung men swear a great deal. The swearing plays always upon the themes of the genital organs, sexual intercourse, incest, and excrement. In deprecation they call each other genital organs or tell each other to go and commit incest with their mothers, sisters, wives' mothers, or sons' wives. We have not recorded their saying '*daughter*'. Is that thought so terrible to them that its expression is beyond even these hardened swearers? They use the same themes in their blasphemy against the gods. '*Uncovered*' or '*thrown-away penis*' may mean '*circumcised*'. This is a great insult among the /Kung who do not circumcise but know that the Bantu do. '*Filthy face*' means '*covered with excrement*'.

15: Marshall E-5 (1951-1961) 1965
FX10 Bushmen FX10
!Kung

776 gods, the !Kung fear to do so because it displeases the gods and draws their attention and they say, "Who is calling my name?"

The lesser god who lives in the western sky is the namesake of the great god, who, as the belief goes, gave the lesser god all seven of his own divine names, but not his human name. Although they insist in this belief, the !Kung never used any name but *//Gauwa*, one of the seven divine names, when they referred to the lesser god and we never heard them [171] actually use this name for the great god. It would seem, then, that the lesser god is the old evil spirit, *//Gauwa*, who appears in the beliefs of the Hottentots and other Bushman language groups as the destroyer and the black chief, the one who sends death, disease, and misfortune. This evil spirit was an entity distinct from the good spirit who was variously named by Bushman groups *Hishe*, *Huwe*, and so on.

In present !Kung belief, however, neither the great god nor the lesser god is all evil or all good. Both are capable of being pleased or displeased with man and of sending favors or misfortunes. The lesser god is subservient to the great god and is supposed to do his bidding. The lesser god, however, has his own entity and does instigate his own actions, sometimes even disobeying the great god. Often they disagree between themselves.

The great god looks like a man, like a Bushman, but he is "the tallest of the Bushmen" and has long black hair that is not twisted and knotted like Bushman hair. He rides a horse across the sky—you can hear him—and he has a gun as well as bows and arrows. Some say he never comes to earth but always sends *//Gauwa*, or the spirits of the dead, the *//gauwasi*, [128] to bring the good or evil that he sends to men. Only the greatest of medicine men have ever seen him.

//Gauwa, however, is commonly seen by the medicine men. They describe him as small. One said he was about two feet tall; another, that he was as small as a guinea fowl; a third, that he was as small as a mouse. Several agreed that he was covered with yellow hairs. One, however, a humble man, said that while in trance he had seen *//Gauwa* and that he was like a gray mist.

782 RELIGIOUS PRACTICES • The !Kung say that they pray spontaneously to the gods. Whenever the thought comes to them they put their prayers into words and say or think them to themselves without any formality. When they speak in prayer to the great god they address him by the respectful term *!Nau*, used for any old man, or use a title *Gaoxa* (chief), or call him [181] "father." Sometimes they use one of his names. The prayers, a mingling of mild imprecation and pleading, reveal the major concerns of the !Kung: hunger, sickness, and death.[11]

776 The great god, responsible for sending sickness and death to men, 753 also created and gives to men a mystical curing power that is called *gaoxa*
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15: Marshall E-5 (1951-1961) 1965
FX10 Bushmen FX10
!Kung

(the same word as the title of respect). The !Kung say it is strong medicine: /*num*. The !Kung take for granted his giving to man both sickness and the power to cure it, and account for the power's sometimes failing to cure by saying that the all-powerful god allows it to work, or not, according to his pleasure.

He gives the curing power to medicine men (called *n!om kxao*, medicine owners), appearing to them (usually in dreams, sometimes in what seem to be waking hallucinations) and putting the power into them. He has also put a curing power in the medicine songs that the people sing at the dances, songs named Rain, Sun, Giraffe, Eland, Honey, Buffalo, Mamba, and Spider —all powerful things. The great god gives the power freely. It is rare to find a man among the !Kung who is not a medicine man. The function of the medicine men is only to cure. They are not sorcerers or witch doctors. (The !Kung are not a witch-ridden people.) !Kung medicine men receive no rewards or special prerogatives. They work together apparently without rivalry. The medicine men may cure at any time but their strongest curing occurs at the dance.

Whether or not anyone is sick, the people dance two or three times a month, sometimes more often. Anyone who wants a dance may start one simply by asking people to come and begin. The !Kung like to dance for many reasons. There is the inherent physical pleasure in moving to rhythm. Music and dancing are their arts, from which their aesthetic pleasure comes. The dances are also social gatherings in which all participate, men, women, children, visitors—everybody. A dance draws them together as nothing else does. Even more important is the fact that the dance is one concerted religious act of the !Kung and brings people into such unison that they become like an organic being.

At the dances not only may the sick be cured, but pending evil and misfortune averted. The !Kung believe that the great god may send *!Gauwa* or the *!gauwasi* at any time with ill for someone and that these beings may be lurking, awaiting their chance to inflict it. The medicine men in the dances combat them, drive them away, and protect the people.

Usually there are several medicine men performing at the same time. To cure they go into trance, which varies in depth as the ceremony proceeds. The curing cannot be described in words; it must be heard. When a man begins, he leaves the line of dancing men and, still singing, leans over the person he is going to cure, going eventually to every person present, even the infants. He places one hand on the person's chest, one on his or her back, and flutters his hands. The !Kung believe that in this way he draws the sickness, real or potential, out of the person through his own arms into himself. To demonstrate that this is in fact going on and is hard to do, he grunts with shuddering grunts that intensify in tempo and pitch into shrieks and reach a high piercing, quavering yell. Finally, the medicine man throws up his arms

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The Ceremonial Curing Dance A medicine man is going into a trance.

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to cast the sickness out, hurling it into the darkness back to *//Gauwa* or the *//gauwasi*, who are there beyond the firelight, with a sharp, yelping cry of *"kai kai kai."*

The medicine men are usually only in shallow trance at this point, but, when the curing has been going on for some time, they begin to reach a state of patterned frenzy. They no longer go around to the people, their spasms of grunting and shrieking become more frequent and violent, their stomachs heave, they stagger and sway. They rush to the fire, trample it, pick up the coals, set fire to their hair. They believe that fire activates the medicine in them. People hold them to keep them from falling and beat out the flames. The medicine men rush out into the darkness, where *//Gauwa* and the *//gauwasi* are lurking. They hurl burning sticks and swear at them. "Filthy face!" they screech. "Take away the sickness you have brought. You are bad. You want to kill us. Go away. . . . *Hishe*, you are a liar. This man will not die." At this point the medicine man may fall down in deep trance and appear to be unconscious or semiconscious, with eyes closed, stiff as a board, unable to walk. This stage of trance may last only a brief time or may continue for hours—even into the next day. Gradually it is resolved and the medicine man takes up his normal activities.

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The !Kung believe that at the time of deep trance the medicine man's spirit leaves his body and goes out to meet *//Gauwa* and the *//gauwasi*. They call this "half death." It is a dangerous time. The women must continue to sing the medicine music. The man's body must be watched over, rubbed, and kept warm by other medicine men who are in less deep trance.

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The violence and excitement of the ceremony have the effect, as in a

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15: Marshall E-5 (1951-1961) 1965
FX10 Bushmen FX10
!Kung

drama, of releasing the emotions of the people and purging them, in the Aristotelian sense. Fear and hostility find an outlet and the people have acted together to protect themselves. In this there are support and solace and hope.

CHANGE

Today (1962) the pattern of life for the Nyae Nyae !Kung has begun to change radically. Many Bushmen of other language groups have had prolonged contact with the Bantu peoples among whom they live, and some have worked on Europeans' farms. Systematic studies of their social changes are lacking. The Nyae Nyae !Kung, as described here, had contact with Herero and Tswana neighbors in trade, but this contact did not appear to change the social structure of the independent !Kung. They are only now beginning to feel the impact of European contact. They were remote; they are no longer so. When, in 1951, we first worked our way to their area from the outposts of the farm lands, we were eight arduous days en route, in trackless, waterless country of bush and heavy sand, our four trucks heavy with water and petrol, equipment and supplies. Today a well-cleared track gives access in a day. Farmers began to come into the area to get the Bushmen to work for them and have their eyes upon the land.

The government of South West Africa, realizing the problem of the Bushmen, has appointed one of their most competent administrators of native affairs to be Bushman Affairs Commissioner, and is supplying him with funds and equipment. He and his wife are in the Nyae Nyae area and are working with several families of !Kung. He is leading one group of them into agriculture and this year they harvested a crop of corn. Others of the men are employed in road building and are being paid a cash wage, currently a shilling a day. It is too early to say what will happen to their social forms in so radical a change, which ones they will lose entirely, which they will retain and adapt to new conditions. All we know is that the !Kung who are taking part in the experiment have expressed themselves as willing and anxious to try to develop a new way of life.

NOTES

(1) Some of the ethnographic material used here has been previously published in my articles in *Africa* which are cited in the bibliography appended to this chapter. The ethnographic material is used with the permission of the International African Institute and the editor of *Africa*.

(2) Skeletal remains of Bushmen are found associated with late stone age implements in South Africa, but not with early or middle stone age (Schapera

844 she lies on her side. The umbilical cord is not tied, but cut with a knife; the Auen use the sharp edge of a reed for this purpose, never anything else. A plaster of mud and leaves is put on the baby's abdomen, if there is much bleeding. Before, during, and immediately after the birth the mother may not be washed with water, nor may the child, which is simply wiped off with the soft grass and put into its mother's kaross. Among the Auen, when birth is difficult or when, [845] e.g., the woman is ill at the time of delivery, the magician is called in [755] to lighten the process, which he attempts to do by sucking with his mouth at the vagina and by "murmuring spells". This is the only instance recorded of any magical assistance being given at birth.

Immediately after the child is born and wiped clean it is simply 846 put into the kaross of its mother, who then returns to the camp. Among the Heikum and the Auen she is now for a week or more relieved of her normal daily duties, such as gathering wood and veldkos, fetching water, etc. Among the Naron, however, she is said to resume her ordinary avocations immediately. Occasionally [845] harder births occur, and then the woman may be quiet for a few days, if she pulls through; but a really difficult birth means the death of both mother and child, as no method of helping is known save massage. In the event of the mother dying during or shortly after childbirth, [853] some other woman may suckle the child and rear it, if it lives; but [847] more often than not it is buried alive with its mother, especially among the wilder bands.

In this connection refefence may be made to a practice recorded 853 by Seiner of the Kung, but not reported by any of the other writers on this or other tribes. He states the belief exists that if a child is placed too soon at its mother's breast both will die. Immediately after it is born the infant is therefore handed over to another woman to be suckled. Often enough, however, there is no suitable woman in the small band, and so the hungry infant makes futile attempts at several different dry breasts, to be returned finally, strengthless and dying, to the arms of its mother. He attributes the great infant [165] mortality chiefly to this practice, which often results in the infant's not receiving its mother's breast until too late.

845 Twin births are said to be very rare. Among the Auen and the 847 Heikum one of twins is invariably killed by being buried alive by the mother or one of her attendants immediately after the birth. If the children are of opposite sexes, it is always the boy who is killed in this way. Among the Kung, again, both are buried alive at birth, for it is

2: Schapera E-4, 5 (no date) 1930
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Bushmen FX10

medicine, in which is burnt snake powder. When a man is sick, this dance is danced round him, and the dancers put both hands under their arm-pits, and press their hands upon him, and when he coughs the initiated put out their hands and receive what has injured him—secret things. The initiated who know secret things are Qogne; the sick person is hang cāi." 535 796 [755]

Cagn, said Qing, was the first being and made all things—the sky, the moon, stars, mountains, and animals. The Bushmen prayed to him. On being asked how, Qing answered, in a low, imploring tone: "O Cagn! O Cagn! are we not your children, do you not see our hunger? give us food"—"and he gives us both hands full." To the further question, where *Cagn* was, he responded, "We don't know, but the elands do. Have you not hunted and heard his cry, when the elands suddenly start and run to his call? Where he is, the elands are in droves like cattle." 776 [782] [539] [825]

Cagn's wife was *Coti*. When asked where she came from, Qing said, "I don't know, perhaps with those who brought the Sun; but you are now asking the secrets that are not spoken of." These secrets he himself did not know—"only the initiated men of that dance know these things." *Cagn* also had two sons, *Cogaq* and *Gcwi*, and together with him and *Cogaq* there was another great "chief", *Qwangciqutshaa*. All three had great power, but it was *Cagn* who gave orders through the other two. Of all these personages various tales were related by Qing. One of them, describing how *Cogaq* was killed by baboons and restored to life again by *Cagn*, is almost identical with the similar story told by the Cape Bushmen of */kaggen* and */gaunu-ts'axau*. In all these tales *Cagn* appears as a human being, but with supernatural powers. He can change himself into different forms, is then sometimes killed and eaten by animals or people, but always comes to life again. He possesses various magical charms, the strongest of which is his tooth; and the birds are his messengers who report to him what is going on. Occasionally he gets into trouble, from which he is extricated by *Cogaq*, just as in the Cape Bushman stories */kaggen* is aided by */ni*. [794] 773 776 [825]

Another name for the Mantis among these Bushmen, according to Arbousset, is *'ngo*. This may explain the following quotation from Campbell: "They had a name which they gave to God, who is above them, and another to God who is under them. The former is a male, the latter a female. The male God they call Goba, the female Ko; and her attendants are called Gauna." *Ko* (*'ngo*), as 776

N [see category 116, p. 182 for the author's explanation of the 'initiated.' — Analyst]

2: Schapera E-4, 5 (no date) 1930
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Nama word for "master, lord", and has been used by some missionaries for "God". The Naron and Auen were vague as to the nature of */khuba*. The old men did not know of him; the middle-aged men said *Hishe* was */khuba*; while some of the younger people said he was the sky, others that he dwelt in the sky; they prayed to him to let them live long and to make them well when ill. Women who when young had been kidnapped and held as slaves by Nama chiefs were very fluent on the subject of */khuba*; the others, remarks Miss Bleek, had evidently picked up the word without attaching any clear meaning to it, beyond that it was some sort of deity and that it was "good to pray to it". The same word (given by him in its vocative form */khutse*) was also found among the partly-disorganized groups of these Bushmen by Fourie, who translates it "God".

A few of Miss Bleek's informants further mentioned *Huwu* or *Huwuba*, but they did not know much about him—he was the "captain" of the men in the north, the Makoba and others. They also said he was the brother of *Hishe*, while one man called him the "captain" of the white people.[1]

Huwu or *Hu'e* figures very prominently among the Kung, however. Miss Lloyd's young informants from near Lake Ngami only once mentioned him. They began the tale of the Moon and the Hare with the words, *Huwe* made all things; and in explanation said, *Huwe* made all things to eat (i.e. all animals that are eaten), and *Huwe* is a man.[2] Vedder, who studied the Kung at Tsumeb, much further west, speaks of *Huwe* as a "good being", to whom the people attribute the creation and maintenance of all things. They pray to him for food, as we have already seen, at a special ceremony held once a year when the edible bulbs of the veld are beginning to ripen, and they also in case of sickness call upon him to restore them to health.[3]

Lebzelter, in his account of Kung religion, says that all the groups investigated by him have the belief in a "supreme good being" ("ein höchstes gutes Wesen"). Among the Eastern Kung this being is termed *Xu* (elsewhere he spells the name *//Khu*)[4] or *Xuwa*,

[1] D. F. Bleek, *Naron*, 24–6; Fourie, "Bushmen of S.W.A.," 104.
[2] Quoted in D. F. Bleek, "Bushmen of Central Angola," 123.
[3] "Grammatik der !Kû-Buschmannsprache," 6–7.
[4] It may be mentioned here that Lebzelter is inconsistent in the orthography he employs: */Kuŋ* is elsewhere written *//Khun*, *//gauab* alternates with */gauab*, *gagorob* with */gau /gorob*, and so on.

2: Schapera E-4, 5 (no date) 1930
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Here also the Mantis is the central figure of many myths; but at the same time he is the creator, he causes life or death, he is especially concerned with the sources of food supply, so that prayers are addressed to him for food and good luck in hunting, and he is also connected with certain religious dances at which the "initiated men" (probably the magicians) cure illness. The elaborate mythological character of the Mantis among the Southern Bushmen and his association with so many other figures in these myths preclude an absolute identification of him and *Huwe*. The resemblance in other respects, however, appears on the whole to be striking enough to warrant our connecting the two.

The other outstanding conception is that of *//gaua*, *//gauab*, */gamab*, etc. In all the North-Western tribes the word *//gaua* is used in the first place for the ghosts of dead persons, and one cannot resist assuming that this is its fundamental significance. Among the Naron and Auen these ghosts, which as in all the other North-Western tribes can be seen by the magicians, walk about at night, and people are afraid of them, but not do expect real harm from them; among the Eastern Kung, however, all the *//gauab* are the cause of illness, some do mischief, while others come down to earth to steal the souls of the dead; among the Heikum of Ukuambi the ghosts move about on earth and do harm to people, while among the Heikum of the Etosha Pan the soul goes to live with */gamab*, but may return to earth to kill people. In general therefore it would seem that dead people are regarded by the North-Western Bushmen as sources of injury, and especially as causing illness and even death. The same idea is conveyed by Dornan's statement, that the North-Eastern Bushmen avoid the grave of a dead person, "lest the spirit resent the intrusion."

The word *//gaua* is, however, used also in the sense of a personified being, whose attributes differ slightly from tribe to tribe, but appear on closer analysis to show a certain uniformity. The !O Kung ascribe thunder and lightning to *//gaua*; when anyone is killed by lightning they say "*//gaua* took him", and people who had met their death in this way were said to sit in the sky as stars, which are looked upon as "*//gaua*'s fires". Among the Eastern Kung the stars are also the fires of the *//gauab*, a shooting star heralds the death of someone, while lightning is the medium through which *Xu* punishes or kills people. Among the Heikum of North-East Ondonga *xamaba* (*/gamab*) inflicts illness upon people whom he does not like, while

2: Schapera E-4, 5 (no date)1930
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among the Heikum of the Etosha Pan */gamab* makes thunder and lightning, the stars are his fire, and he kills people by means of shooting stars. The Naron and Auen term a strong and howling wind *//gaua*, while sometimes *//gaua* is said to be a bird which makes the wind. Finally among the North-Eastern Bushmen *Khauna* is the source of bad luck and disease, is injurious to people, and sends the thunderstorm and lightning, the latter being regarded as his offspring. Further the "lightning bird", intimately associated with him, is feared and may inflict death by lightning when molested. Here again we get the general impression of *//gaua* as the source of illness and death, acting through the medium of the storm, lightning, and shooting stars.

In all this *//gaua* offers certain points of resemblance with the conception of the Rain held by the Cape Bushmen. Among the latter the Rain is definitely personified, it appears in their myths as a supernatural personage, generally in the form of an animal, and here it is said, "the Rain thunders, the Rain lightens." When the Rain is angry with anyone, people may be carried off in a whirlwind and various transformations effected; the howling of the wind forebodes evil; and numerous observances have to be kept in order not to anger the Rain and thereby provoke death. There is also the belief that people killed by lightning are changed into stars; shooting stars are omens of death; the wind is sometimes spoken of as a bird; and the flight over the camp of the *Scopus umbretta*, known to the North-Eastern Bushmen as the "lightning bird", here announces the death of someone. In this connection it may be added that among the Namib Bushmen thunder and lightning are said to command great reverence, and a person struck and killed by lightning is believed to have suffered death as a punishment for some past misdeed.[1]

In some cases, among the North-Western Bushmen, *//gaua* shares certain of the attributes vested in *Huwe*. This appears most strikingly among the Heikum of North-East Ondonga, where *Huwe-Erob* does not figure at all, his place being taken by *xamaba*, who has most of the powers and privileges attributed to *Huwe-Erob* by the other Heikum and the Kung. Among the Heikum of the Etosha Pan we find prayers addressed to *Erob* for rain and in illness, but at the same time the "demiurge" */gamab* is mentioned as the creator who receives the souls of the dead. Further, as we have just seen, */gamab*

[1] Seydel, "Aus der Namib," 504.

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also the doctors of the community. The millipede, said to belong to *Hishe*, is only touched by them; they dry it and use it powdered as medicine.

Naron magicians (*tsho k'auba* or */nu k'auba*) do not dress or live differently from the rest of the community. "No one would know them apart," says Miss Bleek, "nor do they seem to have much influence to-day." The Auen seem to have many more magicians than the Naron, by whom they are looked up to in magic matters. Here, according to Kaufmann, the magicians, (*tsho k'au*, */nu k'au* or */geixa*) have their skulls shaved clean, and also carry a few ornaments which may not be worn by other people. The magic art in both tribes is learned by apprenticeship. During the month of the puberty ceremony one or two boys are taught their trade by the old magicians. At the next ceremony they return and are taught more; and boys who have been with a magician for many years can when they become older succeed their master.[1]

Magicians among the Kung are of two kinds, and both are called in especially for illness. The */u k'au*, who sucks out the disease from the body of the patient, is "an evil person, who speaks to no one and always looks black"; while the */ue k'au*, according to Vedder, is the ordinary worker in magic and the poison-mixer, and also prepares medicines from herbs and roots by cooking.[2] Lebzelter gives further information about the magicians. Both men and women can be summoned by the "great captain" to exercise this calling. The power they receive from him is greater than that of all the spirits with the exception of */nawa*, and is equal to that of the latter. Magicians are thus "born and not made", to use Lebzelter's expression, but nevertheless it appears that they have to learn the secrets of their calling by apprenticeship. They accompany the old magicians at least once in the search for medicine plants, and are then subjected to a test. The old magicians in the customary manner attempt to cure a sick person by sucking out the "disease poison" ("Krankheitsgift") or the "spirits of disease" from the body of the patient; then they administer all the "disease poison" extracted by them to the initiates. If the latter do not die from this treatment, they have satisfactorily passed the test!

The magicians, apart from being able to cure illnesses by banishing the "spirits of disease" from the body of the patient, also have the

[1] D. F. Bleek, *Naron*, 28; Kaufmann, "Die Auin," 139.
[2] "Grammatik der !kû-Buschmannsprache," 8-9.

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756 faculty of seeing and speaking to the *//gauab*, and only they know
[787] and utter the real name, */nawa*, of the chief of the latter. The evening
[782] before a hunting expedition they pray to *//gauab* for help, and certain
of them also have the power of conjuring down rain. This they
756 achieve in the following manner. When rain is needed, all the
789 people of the camp take part in a dance, during which they sing over
and over again a mournful song lamenting the condition of hunger
and thirst to which they are reduced. "Finally the great captain
in the sky hears the lamentation. The magician goes outside the
camp and sees that a thin cord is being let down from the sky. He
climbs a certain way up this, but the great captain comes down to
meet him half-way. As soon as the magician sees the great captain,
he throws a powder up to him; whereupon the great captain lifts
him up high and takes him into his house. There the magician prays
to him: 'Lord, help us, the children are dying, we thirst and hunger.'
[782] So long does he pray and plead that at last the captain says: 'It is
[776] well, I shall send water, that the children may have water and veldkos.'
[821] Then he again accompanies the magician half-way down the cord.
As soon as the latter has reached the ground, he releases his hold
upon the cord, which is at once drawn up again. The rain follows
immediately."[1]

184 Among the !O Kung in Angola there are also two kinds of magicians.
756 The */num-k'au* officiates at puberty dances, makes scarifications,
791 sees spirits, and also conjures up *//gaua*, while the *tsho-k'au* heals
[881] the sick by singing, dancing, and extracting the evil from the patient's
[787] body through sucking. For this he receives a present. Both
men and women apparently can become magicians of either kind,
[755] if taught by an older practitioner. There is said to be no ceremony
of initiation for them, nor do they wear a special dress of any kind.[2]

It will be noticed that both terms which distinguish the two classes of magician among the Kung and the !O Kung are also found among the Naron and Auen for magicians. This would suggest that there is a similar division of functions in these tribes also, but neither Miss Bleek nor Kaufmann definitely states this.

773 The origin of magic among the Naron and Auen is said by Fourie
[789] to be attributed to *//gaua*, and he gives the following myth in confirmation.[3] "The Bushman *Tji-Tji* is said to have been initiated

[1] Lebzelter, "Religiösen Vorstellungen usw.," 408–9; *idem*, "Bei den !Kun-Buschleuten," 15.
[2] D. F. Bleek, "Buschmänner von Angola," 55; "Bushmen of Central Angola," 124.
[3] "Bushmen of S.W.A.," 104.

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borders of the Desert, but are unknown to the Cape Bushmen and those of Griqualand West. Dornan maintains that they are original elements in the culture of the Bushmen, from whom they have been taken over by the Bantu. All the evidence, however, points in the other direction, for among the Bantu the use of divining bones of several different types is not only widespread, but also developed into an elaborate system of interpretation, while the way the Bushmen handle them shows that they do not know much about them. Moreover, it is found that the frequency of their use by the Bushmen coincides with the extent to which any tribe has been exposed to Bantu influence.[1]

Other minor beliefs and practices of the Bushmen are mentioned by writers on particular tribes, but consideration of them must be omitted in a general survey such as this. It may be noted, however, that among the Northern tribes amulets are often worn to ward off disease and other evils, while among all the Bushmen charms of various kinds are also carried to ensure good luck. Bad dreams are also regarded as evil omens, and precautions taken to counteract them. Among the Cape Bushmen, for instance, when a woman had had a bad dream, she banished it by plunging a stone into the fire, at the same time saying a spell. If she neglected to do this, the dream would accompany her when she went out to seek ants' larvae and prevent her from finding any. The Naron, in the same way, when they have had bad dreams put a bit of burning charcoal on the ground and pour water on it, then the bad dream flies away with the steam. Or, when a man is ill and *Hishe* sends bad dreams, he takes a stick after the sun has arisen, plants it in the ground between his knees, burns *kucha* and snuffs it, and recovers.[2]

[1] Werner, "Heilkunst und Kaughanchkeuse," 256; Kaufmann, "Auin," 159; Dornan, "Divination and Divining Bones," *S. Afr. J. Sci.*, XX, 505–7; *idem*, *Pygmies and Bushmen*, 253–8; D. F. Bleek, *Naron*, 28–9; *idem*, *Comparative Vocabularies*, 10–11.
[2] Bleek and Lloyd, op. cit., 365; D. F. Bleek, op. cit., 29.

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Treatment

is administered by relatives or friends, or in cases of acute and prolonged illness by a magician well versed in medical practices, who is paid for his services. In cases of the latter kind a very common method employed is massage, leading up to the extraction of foreign bodies (" disease-poisons ", " spirits of disease ", etc.) believed to have been introduced into the patient and thus causing his illness. When the " doctor " feels that the foreign body has been brought near enough to the surface by his treatment, he sucks the part affected and then, with a retching sound, triumphantly spits out the object he is supposed to have sucked from the patient's body. Stones, pieces of bark, small bones, etc., are thus extracted from the affected part of the patient, who in consequence is cured![1] Lebzelter records also that, while the " doctor " is busy performing this cure, the relatives and friends standing round pray to the " supreme being " to make the patient well again; and, as we have seen, the use of prayers in case of severe illness is mentioned by several other writers as well.[2]

More practical forms of treatment are also found, however.[3] Herbs and roots of various kinds are extensively employed as medicines. Sometimes they are burned to ashes which are then rubbed into small cuts made in the patient's body, sometimes they are boiled and given as a decoction. How far they actually do have curative effects is difficult to say, as no special study appears to have been made of their pharmacological properties, nor, save in a few instances, have they even been identified. But Dornan mentions that " for blackwater they use a plant called qilika (*Anacoampseros rhodesica*) by the Matabele; dysentery *Monsonia ovata*, and *Euclea lanceolata*; for various other diseases, *Cannabis sativa*, *Solanum nigrum*, *Lippia asperifolia* (malaria), *Cratalaria burkeana*, *Pterocarpus angolensis*, *Datura stramonium*, *Indigofera senegalensis*, and *Bauhinea reticulata* ".[4] Burns, open sores, headaches, etc., are treated by rubbing medicated ointments on the part affected. Chapman describes another method of treatment undergone by himself. " Having a frightful headache from the heat of the sun, I resort to my usual Bushman remedy, at the expense of having my forehead ornamented with blisters dotted all over it the next morning. April [his Bushman guide] has a root

[1] A good eyewitness account of this treatment is given by Schinz, *Deutsch-Südwest-Afrika*, 340–1; cf. also D. F. Bleek, *Naron*, 29.
[2] " Religiösen Vorstellungen usw.," 411; cf. pp. 183 sq. above.
[3] Nolte, " Krankheiten und Heilmittel der Nama und Buschmänner," *D. Kol-Ztg.*, 1886, p. 629 sq.; Chapman, *Travels in S. Africa*, i, 159, 282–3; ii, 74, 182; Kaufmann, loc. cit.; Dornan, loc. cit.; Vedder, " Grammatik der !Ko-Buschmannsprache," 8–9; Fourie, loc. cit.
[4] Op. cit., 142.